

9. A removable cleat for a shoe comprising:
a ground-engaging structure for engaging the ground; and
an attachment structure for removably attaching the ground-engaging structure
to a cleat receptacle in a shoe, the receptacle including:
a wall defining a cavity between a receptacle top and a receptacle
bottom, wherein portions of the wall extend radially inward
toward a central vertical axis of the receptacle so as to
define:
(i) a plurality of inclines within the cavity, and
(ii) a plurality of protuberances within the cavity,
each protuberance extending radially inward
toward the vertical axis further than the
inclines;
a restraining ledge attached to the receptacle bottom and extending
into the cavity so as to prevent downward movement of an
installed cleat; and
an opening in the restraining ledge having at least three
equidistantly spaced radially projecting lobes that extend
radially outward from the vertical axis of the receptacle; and
wherein the attachment structure is adapted for secure attachment to the
receptacle so as to resist rotational movement.

10. A removable cleat according to claim 9, wherein the attachment structure
includes a plurality of cleat extensions arranged so that when the cleat is
attached to the receptacle, each cleat extension is secured between an incline and
a protuberance so as to resist rotational movement of the cleat.

15. ¹² A removable cleat according to claim 10, wherein the plurality of cleat extensions lie in a plane perpendicular to a vertical axis of the attachment structure.

16. ¹³ A removable cleat according to claim 9, wherein the cleat further comprises a skirt located between the top of the ground-engaging structure and the bottom of the attachment structure, the skirt extending radially outward so that when the cleat is attached to the receptacle, the skirt covers the receptacle.